6 days: push / pull / legs

For experienced lifters who can train six days and sleep well. Each muscle twice a week.

Push, pull, legs, push, pull, legs, rest

Push

Exercise	Sets	Reps
Flat Bench Press	4	6-8
Incline Dumbbell Press	3	10
Dumbbell Shoulder Press	3	10
Lateral Raises	4	12-15
Triceps Pushdown	3	12
Cable Overhead Triceps Extension	3	12

Pull

Exercise	Sets	Reps
Lat Pulldown	4	8-10
Barbell Row	4	8
Seated Cable Row	3	10
Face Pulls	3	15
Bicep Curls	3	12
Hammer Curls	3	12

Legs

Exercise	Sets	Reps
Back Squat	4	6-8
Barbell Romanian Deadlift	3	8
Leg Press	3	12
Leg Curl	3	12
Standing Calf Raise	4	12
Hanging Leg Raise	3	12

Sets × reps

Do the reps written with good form. The last two reps should feel hard but clean.

Going heavier

When you reach the top of the reps in every set, add the smallest weight next time. That is progressive overload.

Rest

2 to 3 minutes after the big lifts (squat, bench, rows), 60 to 90 seconds after the small ones.

Warm up first

Five minutes of easy movement, then two or three light sets before your first heavy exercise.

Let Shulah run this plan for you

A PDF stays the same. Shulah reads every set you log and sets your next weights, plans lighter weeks, and swaps an exercise for one your gym has.

shulah.app/join

If you have an injury or a medical condition, ask your doctor before starting any training plan.